



AUG
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Charred Corn & Rainbow Trout Salad

with Peaches, Feta, and Spiced Honey Vinaigrette

Charring corn and peaches stovetop is a great trick for creating a grilled flavour indoors! The sweet and earthy combination of honey, balsamic and our spice blend is sure to - ahem - spice up your life! (Or at least, your dinner.)



Rainbow Trout



Corn



Yellow Peach



Cilantro



Green Onions



Arugula



Spice Up Your
Life Blend



Balsamic
Vinegar



Honey



Feta

Ingredients		2 People	4 People	*Not Included
Rainbow Trout Fillets	1)	2	4	
Corn on the Cob		2	4	
Peach		1	2	
Cilantro		1 pkg (7 g)	2 pkg (14 g)	
Green Onions		1	2	
Arugula		1 pkg (56 g)	2 pkg (113 g)	
Feta crumbles	2)	1 pkg (28 g)	2 pkg (56 g)	
Spice Up Your Life Blend		1 pkg (1 tsp)	2 pkg (2 tsp)	
Balsamic Vinegar	3)	1 bottle (2 tbsp)	2 bottles (4 tbsp)	
Honey		2 tsp	4 tsp	
Olive or Canola Oil*				Ruler 0 in ¼ in ½ in ¾ in 1 in

Nutrition per person Calories: 634 cal | Carbs: 28 g | Fat: 39 g | Protein: 45 g | Fiber: 5 g | Sodium: 290 mg

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.



1 Prep: **Wash and dry all produce.** Halve and pit the **peach**, then cut into $\frac{1}{4}$ -inch thick rounds. Roughly chop the **cilantro** and discard the stems. Thinly slice the **green onions**. Peel back and discard the husks from the **corn**. Carefully slice a 2-cm a piece off one end of the **corn** to create a flat edge. Stand the **corn** on your cutting board, and carefully slice the **corn kernels** off the cob by running your knife down the length of the cob.

2 Char the corn: Heat a large non-stick pan over high heat. Add a drizzle of **oil**, then the **corn kernels**. Cook until lightly charred, 2-3 minutes. Transfer to a plate.

3 Char the peaches: Reduce the heat to medium. In the same pan, add the **peach slices** and cook until just golden, about 1 minute per side. Set aside with the **corn**.

4 Start the vinaigrette: Add the **green onions** and as much **spice blend** as you like to the pan. Cook until fragrant, 1-2 minutes. Transfer to a large bowl.

5 Cook the fish: Season the **fillets** with **salt** and **pepper**. Add a drizzle of **oil** to the same pan, then **fillets**, skin-side up. Cook until the underside of the fish is light golden, about 3-4 min. Flip fish over and continue cooking until a knife tip inserted in the centre of fish and held for 10 sec comes out warm, about 3 more minutes. Using a fork, flake the **fish** into bite-sized pieces.

6 Finish the vinaigrette: Meanwhile, whisk the **vinegar**, **honey** (DO: measure out) and a large drizzle of **oil** into the **green onion mixture**.

7 Finish and serve: Toss the **trout**, **arugula**, **feta**, **green onions**, **peaches**, and **corn** into the **vinaigrette**. Garnish with the **cilantro leaves** and enjoy!

Allergens

1) Fish/Poisson

2) Milk/Lait

3) Sulphites/Sulfites

Tools

Large Non-Stick Pan,
Measuring Spoons, Large
Bowl, Whisk